

# Fact Sheet

Most teenagers think that relationship violence only happens between adults or married people. Research has shown that teen dating violence is a widespread problem. It can happen to you, your best friend or a classmate. Look for the warning signs and don't be afraid to ask questions.

**Teen dating violence** is a pattern of violent behavior that someone uses against a girlfriend or boyfriend. The pattern begins with a stressor in the violent person's life, which triggers violent behavior towards the victim and is followed by apologies and minimizing the incident. Teen dating violence is a pattern of violent behavior that someone uses against a girlfriend or boyfriend. It can come in the form of emotional, physical or sexual abuse. It can happen to anyone!

- 57% of teens know someone who has been physically, sexually, or verbally obsessive in a dating relationship. (*Liz Claiborne, enc. TRU 2006*)

## Emotional Abuse

If a boyfriend or girlfriend insults, humiliates or swears at you, you are being emotionally abused. Emotional abuse can also come in the form of controlling behavior, threats to you and trying to destroy your self-confidence.

- 1 in 4 teens who have been in a serious relationship say their partner tried to prevent them from spending time with friends or family and only can spend time with their partner. (*Liz Claiborne, enc. TRU 2006*)

## Physical Abuse

Physical abuse includes, but is not limited to, yelling, slapping, punching, kicking, pinching and hair pulling. It can also include the use of weapons, such as a knife, gun or bottle.

- 1 in 5 teens who have been in a serious relationship report being hit, slapped or pushed by a partner. (*Liz Claiborne, enc. TRU 2006*)

## Sexual Abuse

Sexual abuse is forcing someone to engage in sexual activity. It is abusive to coerce or pressure someone to participate in unwanted sexual activity.

- 1 in 4 girls reported going further sexually than they wanted as a result of pressure. (*Liz Claiborne, enc. TRU 2006*)

Teen dating violence is not just about being angry or about having a broken heart. Even if you have never been hurt physically, the emotional and verbal abuse can be very painful and can lead to physical violence. The violence can become more intense and more frequent over time.

It is very important to educate yourself and be aware of what is happening around you. The numbers are growing of teens, like you, who have experienced and accepted abusive behavior in relationships.

[illegible]

**Phone Number** \_\_\_\_\_